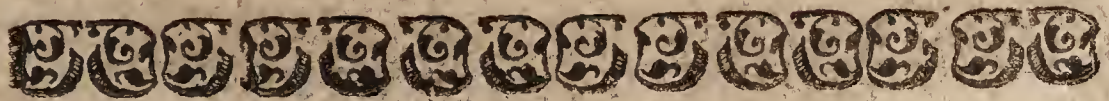


W Y N T E R

O F

B A T H I N G.



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OF
BATHING
IN THE
HOT-BATHS,
AT
BATH E;

CHIEFLY

With Regard to the *PALSIE*, and
some DISEASES in WOMEN.

In a LETTER,
Addressed to Doctor FREIND.

By *John Wynter*, M. B. è Col. Christi, Cantab.

Non venas reserant, nec vulnere vulnera sanant,

Pocula nec tristi gramine mista bibunt.

Amissum lymphis reparant impune vigorem,

Pacaturque, ægro luxuriante, dolor.

Claudian. de Apono.

L O N D O N :

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BATHE, Febr. 20. 1727-8.

S I R,



S, to your Instruction, and Conversation, I owe all my Knowledge in Physick ; so, to your most elaborate Works I am indebted, for the following Chain of Thoughts, upon a Subject very material to the Welfare of our Patients, and which ought very thoroughly to be understood, by such of our Profession, whose Lot it is, to practise at BATHE. It is your Province to deal chiefly with *acute Diseases*. Your Success sufficiently proves your Ability and Merit, and the greatest Part of your Writings have accordingly

B

cordingly turn'd upon the difficult Business of *Fevers*. It is my Fate to be fixed at the Place of the general Resort of *Chronical* Patients ; I have therefore endeavour'd to consider those tedious Afflictions of my Fellow-Creatures, to the best of my Capacity, and to set the Methods of curing them in as clear a View to the World, as I could.

I am sorry I must begin with Matter of Complaint, and that twofold ; namely, The present *Disuse* of *Bathing* in some Cases ; and, the *Misapplication* of *It* in others.

To fix and ascertain the exact Period of Time wherein the Use of *Mineral* Waters was first applyed to the Cure of Diseases, is a Task perhaps not extremely easy ; no doubt it has obtained for many Ages, insomuch that it is difficult to say when it did not.

It may suffice in this Place, to mention that the Usage and Advantages of
Medicinal

Medicinal Waters are taken Notice of by (a) *Hippocrates, Vitruvius, Strabo, Pliny, Aretæus, Cælius Aurelianus, Galen, Pausanias, Archigenes*, and *Herodotus* in *Ætius, Scribonius Largus, Horace, Ovid, Claudian*, and other Authors of great Antiquity and good Authority. Thus we see Physicians, Historians, Geographers, and Poets, were acquainted with *Natural Waters* above Two thousand Years ago ; which Knowledge even they must have acquired either from Tradition, or some written Records, now lost, and consequently the Usage of *Mineral Waters* must have begun very early in the World.

The general Division which the Antients made of *Medicinal Waters* was

(a) 'Εἰσὶ δ' ἑνίαυ φύσιες καὶ νοσεύματα, ἐς ἃ ὀπι-
τήδεια ὄντι τὰ τοιαῦτα ὕδατα πινόμενα, περὶ
ᾧ φράσω αὐτίκα. Et paulo infra, ὅστις ᾗ νόσος
εἴνεκα, βέλεια τὸ ὀπιτηδεύοταλον πίνειν, ᾧδε αὖ
ποιέων μάλιστα τυγχάνοι τ' ὑγιείης. De Aerib.
Aquis, Locis.

into (b) Sulphurous, (c) Bituminous, (d) Aluminous and (e) Nitrous.

(f) *Vitruvius*, (g) *Pliny*, and (h) *Cælius Aurelianus*, are particular as to the drinking the *Cutiliæ*, which the two first call Nitrous, and the latter Aluminous. What the Nitre of the Antients was, is not altogether certain, but I humbly conceive, that the *Cutiliæ* were of the same kind with those that are found with us at HOLT ; which Waters, from the Cures by them performed, are at present advanced to a great Degree of Reputation.

I shall not here enter into any Detail of *hot* and *cold* Medicinal Waters, nor

(b) Θειῶδες.

(c) Ασφαλτῶδες.

(d) Στυπτηριῶδες.

(e) Νιτρῶδες. vide Galen. Lib. IV. C. 4. de Sanit. tuenda.

(f) Lib. 8. C. 3.

(g) Lib. 31. C. 6.

(h) Morb. Chronic. Lib. 3. p. 446.

is there possibly that essential Difference betwixt them (with Respect to their *internal* Use) which is generally imagin'd, especially if *Cardan's* Inference has its *due* Weight with us, who, from (i) *Hippocrates's* Assertion, that all *Minerals* are produced by the Force of Fire, argues, that such *cold* Waters as contain any *Medicinal* Vertues, are *hot* at their first Origin, and are cooled merely by the Length of their Passage, and their Distance from the *Minerals* with which they are impregnated.

These short Chronological Hints being premis'd concerning *Mineral* Waters in general, I come nearer to the Point before me.

In order to set forth the Antiquity of *Bathing* in our *Baths*, it may be no

(i) Τὰ ὅλα καὶ πάντα τὰ ἐκ τῆς γῆς γίνονται τῷ
 ἑρμῇ. de Aerib. Aquis, Locis.

un-entertaining, unprofitable Work, to trace the Origin of the *Baths*, and City of BATH, as closely and accurately as possible, in a Matter so distant and obscure.

As *Claudius* the fifth Emperor of Rome was the first who had a thorough Knowledge, as well as Possession, of this Island, so no doubt he was also the first that took Notice of these hot Mineral Waters : By his Command probably the Springs were first open'd, and cleared, the Reeds and Water Lillies rooted up, the Morass drain'd, and Sluices cut to convey the Rain-Water, falling from the neighbouring Hills, into the *Antona* or *Avon*. This Work perhaps was prosecuted no further at present than the making a mere Convenience for the Emperor's and his great Officers Bathings, to which we know they were so much accusom'd in their own Country.

That the Emperor was in this Part of *Britain*, is certain, from the Trophy
found

found not far from (k) *Ochie-Hole*, near *Wells*, with this Inscription,

TI. CLAUDIUS CÆSAR AVG. P. M. TRIB. P. VIII. IMP. XVI. DE BRITAN.
--

A second Proof of the *Romans* being in this very Part of the Island, is, the Victory recorded by (l) *Tacitus* over the *Cangi*, a small People comprehended under our (m) *Belgæ*, which was gain'd in the Reign of *Claudius*, by the Conduct of *P. Ostorius*: And farther, as (n) *Kaingsham* signifies the *Mansion* of the *Cangi*, it cannot be suppos'd but that the *Romans* were at this very Place about the Year of Christ 51. that is 1676 Years ago.

Whereas *Scribonius Largus*, the Emperor's Physician, a Person not unskill'd

(k) (Ogo) a Cave, 15 Miles from Bathe.

(l) *Annal. L. 12. C. 32.*

(m) See *Camden*, p. 83. Vol. 1.

(n) *Kaingsham* is five Miles from Bathe.

even in *Medicinal Bathing*, * attended him in this distant Expedition : This Man, no doubt, did promote and encourage the finishing these Baths, for the future Health and Pleasure of the Generals and Legions that should be here left to secure their Conquests.

Now as in *Claudius's* Time there were three (o) Legions (at least) garrison'd in this Island, it will appear more than Conjecture, that Part of these Troops built a City where *Bathe* now stands, to any Person that rightly considers the following Words of *Mr. Camden* ; ‘ And doubtless these Stations and
 ‘ Garrisons of the Legions and *Roman*
 ‘ Soldiers, prov'd very often the Foun-
 ‘ dation of Towns and Cities, not only
 ‘ in other Provinces, but *Britain* too.

* Compos. 163.

(o) Legio secunda Augusta, the Legio 9 of Spain, and the 14th Legion, call'd *Gemina Martia Victrix*.

Agricola

Agricola under *Titus* and *Domitian* also, is the Person recorded by *Tacitus* to have civiliz'd the then rude and barbarous *Britons*, insomuch that, by degrees, (says the Historian) they came to those Encitements to Debauchery, *Porticos*, *Baths* and *Banquets*.

It is also said, that *Agricola* assisted the *Britons* to build Temples: And as the first Temple we read of was that built in Honour of *Divus Claudius*, at *Camalodunum* or (p) *Camalet*, in which was the Image of the Goddess *Victoria*; so the second in these Parts was probably built at *Bathe* (at first called ὕδατα θερμά, *Aqua Calidæ* in general) by *Agricola's* Direction, in Honour of *Minerva*; and that not only because *Minerva* was the favourite Goddess of the Emperor *Domitian*, but because also that *Minerva*

(p) About 25 Miles from Bath, (not Maldon in Essex).

(frequently in Conjunction with (q) *Hercules*) did preside over *Waters*. About this Time this City was named *Urbs Aquæ Palladiæ* in *Latin*, to which the *British* *Caer Palladdur* answers.

It does not appear when the Patronage of *Hercules* was join'd to that of *Minerva*, but by the Figure of him in Bas-Relief, now to be seen in our Walls, it is plain he was honour'd here, and doubtless had his Statue plac'd in the Temple of *Minerva* ; and I am of Opinion that what Mr. *Camden* calls something of an antient Image of (r) *Hercules*, grasping a Serpent in his Hand (now not to be found) was the *local Hercules*, with the (s) Reed in his Hand, his proper Ensign, as tutelar Deity of

(q) Erant hi duo Dii σύμβωμοι ἢ σύνναοι, & Aquarum operâ fociâ curam habuere. Athenæus, Musgrave.

(r) Nescio quæ Herculis antiqua Imago anguem manu constringentis, p. 170.

(s) Ut in nummo videre licet apud Fabrettum (Musgrave).

Waters :



Waters : and farther, that his (*t*) *Ophiuchus*, enfolded by a Serpent between the West and South Gates, was the Figure of the *Greek Æsculapius*, very proper for this Place. Dr. *Guidott*, before whose Time these two Bas-Reliefs were lost, has given a Copper Cut of them, from his own Imagination, whom Dr. *Musgrave* has follow'd implicitly.

However we have now a certain Proof that there was a Temple built to *Minerva* in this Place, for we have fix'd in our Town-Hall a Head of that Goddess broken off from the Statue or Bust, which was dug up near 16 Foot deep in *Stall-street* last *July* : The Gilding is Part of it very fresh, and I have here given the full Face and the Profile drawn

(*t*) *Ophiuchum Serpente implicatum*, p. 172. *Ophiuchum* sunt qui *Herculem* esse putant, qui adhuc in cunis vagiens angues a *Junone* immisos præfocavit, alii *Æsculapium* esse volunt. Vid. *Cicer. de Nat. Deor.*

from the Head by the very ingenious Mr. *Harvey*. The Helmet is torn off, but the Marks are to be seen where it was riveted on.

About the latter End of *Agricola's* Government, the great Roads, begun in *Claudius's* Time, probably were finish'd, leading from *Bathe* to *Cirencester*, *Westbury*, *Hanham*, *Wells*, *Oldbury*, and particularly to *Ilchester*, near which is the famous Roman Camp *Camalodunum* or *Camalet*, the Colony of the *Veterans*, now to be seen, with whom the Troops, quartered at *Kaingsham*, and the *Aquæ Calidæ*, no doubt had frequent Inter-course and Communication.

The next Emperor that came in Person to this Island was *Adrian*, who gain'd the Title of *RESTITUTOR BRITANNIÆ*: But how Dr. *Musgrave* comes to make him settle a Corporation of Armourers at *Bathe*, because *Julius Vitalis*, one of that Company, was carried out from hence, and buried, according

cording to their Custom, by the Road-Side, I cannot conceive : Was it not possible that this Man might, from working in the Forges, have contracted either Palsie, Rheumatism, or such like Disease, for the Cure of which he was brought to these *Baths*, and here died? Give me leave to offer these farther Considerations ; 1. Whether it is probable that a Place devoted to Luxury, the Rendezvous of the Men of Pleasure and Gallantry (as at this Day) should be thought a proper Situation for so disagreeable and noisom a Work to be placed. If we suppose Health to have been the Business then of this Place, it will appear still more improper to annoy it with the unwholesom Steams of Metals, and the Smoak of Forges. 2. Had it not been more natural and prudent to fix the *Fabrica* in *South-Wales*, which abounds with Iron and Coal, and where, as *Tacitus* informs us, a Legion was encamped to awe and restrain the Inhabitants (*Silures*). 3. If the Workhouse was here, where are the Heaps of Iron Cinders,

that

that are so plentifully found in *Monmouthshire*, and the Forest of *Dean*: a certain Proof where these Works were fix'd in the *Romans* Time; not to mention that there is an inconvenient and dangerous Passage over the *Sabrina*, from *Trajectus* or *Oldbury*.

From this Period nothing (that I can find) remarkable happen'd to these *Baths* till the Reign of *Severus*, who coming into *Britain* himself, attended by his two Sons, *Antoninus Bassianus* and *Geta Cæsar*; whilst the Emperor, with *Antoninus*, march'd into the remote Parts of the Island, against the rebellious *Mæatæ*, he left his younger Son *Geta*, now stil'd *Augustus*, Governor of the South-West Part of the Island (*Belgæ*), which continued in Subjection to the *Romans*. And whilst the Father was employ'd in conquering the Northern Inhabitants, and building a Wall from Sea to Sea quite cross the Island, his Son *Geta*, afterwards called *Britannicus*, and whose head Quarters were doubtless at *Camalodunum*,
probably

probably diverted himself, being naturally luxurious, expensive, and also very young, in ramming down the Clay, new-modelling, building and adorning the *Baths*, (and the several (u) Apartments to them belonging) in a Stile no doubt magnificent, and suitable to a *Roman* Emperor. Not many Years ago there was dug up here an Equestrian Figure in Relief, now fix'd on the East Wall of the Abbey Church, with a *Hasta Pura* in the right Hand, and a *Parma* in the left, which Dr. *Musgrave* has endeavour'd to prove to have been *Geta's*, from the Likeness that he observ'd between the Face of this Figure, and the Coins of *Geta*; from the particular Fondness that Emperor is known to have had for Horses; and lastly, from this Argument, that no Persons under Imperial or *Cæsarean* Dignity, were suffer'd to have Equestrian Statues with the above Ensigns.

(u) See Vitruvius.

Geta liv'd not long to enjoy the Empire, after his Father *Severus's* Death ; but his half-Brother *Antoninus Bassianus Caracalla*, stil'd also *Britannicus Maximus*, either being touch'd with Remorse for the Murder of *Geta*, had a mind to beautify the Place in which his Brother had taken so great Delight, or rather out of his natural Vanity and Love of magnificent *Baths*, of which more are to be seen now at *Rome* of this, than of any other Emperor's ; or, which is still more likely, that he might pay his Adoration to his belov'd God the Sun, nam'd these Waters *Aquæ Solis*, and probably built a Temple to *Apollo* the God of Physick also. From this Time perhaps these Waters were applied to Medicinal Uses, and the Cure of Diseases.

From henceforward Writers, for a long time together, omit the Affairs of *Britain* ; but it is sufficient for me to find toward the latter End of the third Century *Solinus* (*Polyhistor*) giving an Account

Account of these *Baths*, in Words to this Effect ; ‘ In *Britain* there are Hot Springs, *richly* accommodated with all Conveniencies for the Service of Mankind.

Thus the fabulous Traditions of (w) *Bleyden Cloyth’s* Magick, whereby he is said to find these Springs, and the Prayers of St. *David*, Successor to *Dubricius*, by which we are told he gave to these Waters the *Medicinal* Virtues that they still retain, vanish like a Mist before the clear Sunshine of true and faithful History, drawn from authentick Writers, *Roman* Inscriptions, Coins, Statues, Reliefs, and such like Antiquities, found and to be seen in and about this City : For what so natural an Employment for *Romans* as the making and beautifying Hot Baths ? what could afford them so great Pleasure as to find Groves and a *Baiæ* in an Island so re-

(w) i. e. Bleyden the Conjuror.

mote, so frozen, and so disjoin'd from the whole World ?

Farther, if we may judge and infer what the *Romans* did in *Britain*, from their Employments and Works at another of their Colonies lying in *Gallia Narbonensis*, we shall have still more Ground and Reason to believe that they were the Discoverers of these Hot Waters, and the first Adorners of our *Baths*. For we read that *Caius Sextus Calvinus* built a City and magnificent *Baths*, called after his Name, (x) *Aquæ Sextiæ*, (at this Day, by contracting the five Syllables into one, *AIX*, the Capital City of *Provence*) about 631 *U. C.* and 141 Years before Christ. Those Waters are as ours, Hot Sulphur Waters; and even the Situation of that City is not unlike this of *BATH*E, for it stands

(x) Liv. L. 61. à Plinio urbs oppidis Latinis accensetur, at in nummo Vespasiani nuncupatur colonia Aquæ Sext. Leg. XXV.

in a *Plain*, at the Foot of the Hill of *St. Eutropius*, and near the Rivulet of *Arc*; as does *BATH*, at the Foot of *Launesdowne*, and near the River *Avon*.

Nor did the *Roman* Taste of building and beautifying *Baths* cease, on the Decline of that Empire, but was transmitted to the *Goths*; for the *Baths* of *Aponus*, so famous from all Antiquity, celebrated by *Claudian*, and whose Water was reckon'd * Prophetick as well as Salutory, were repaired and adorned by (y) *Theodorick* King of the *Goths*, as his Præceptor and Chancellor *Cassiodorus* relates.

The first *Britons* who liv'd after a rude straggling Manner, could hardly

* Ejus aqua fatidica olim credabatur, unde consultans Tiberius, forte, apud Geryonis oraculum, tracta, talos aureos in eam conjecit, Suet. in Tiber. C. 14.

(y) Theoderick died A. C. 526. Of his Reign 37.

be suppos'd, by Instinct, to have found out the Virtues of *Medicinal Waters*, or from any innate Elegance, to have us'd Bathing for Cleanliness and Ornament. But the *Roman* Physician (*Scribonius*) by Comparison, having seen several of the same Kind in *Italy*, could not fail to recommend them to his Countrymen, who were settled in *Colonies*, among the (z) *Belgæ* more particularly: Nor indeed is it possible that the *Britons* themselves should have had great Occasion for *Medicinal Waters* before *Agricola's* Time at least, who introduc'd genteel Luxury amongst them; for few Diseases visit Houses made of Reeds or Wood; Health attends those whose Food is plain and natural, and have nothing of the Dainties of the Rich. And that this was the State of the *Britons*, *Diodorus Siculus* informs us; and such likewise had been the State

(z) Somersetshire, Wiltshire, Hampshire, Isle of Wight.

of the *Romans* themselves, till they grew acquainted with the *Grecian* (a) *Luxury*, the Parent of Diseases, as *Celsus* well observes.

In the same Magnificence that *Solinus* describes these *Baths* to have been in his Time, they probably continued till 520, when the *Saxons* laid Siege to the City of (b) *BATHE*, but without Success. In the Year 577, this City being both (c) besieged and attacked, first surrendered to the *Saxons*; and in a few Years recovering it self, took the new Name of *Akmancester*, and grew up to a good Degree of Splendor; for in 676 *Osrick* built a Nunnery here, and presently after King *Offa* built another Church;

(a) ——— Sævior armis
Luxuria incubuit, victumque ulciscitur orbem.
Petron.

(b) Oppugnata.

(c) A City of Valetudinarians; by the Britons it was sometimes called *Caer Badon*, that is, the City of *BATHING*.

but

but both were destroy'd in the *Danish* Wars. Out of the Ruins of these, *Edgar* (surnamed the *Peaceful*) erected another Church, dedicated to St. *Peter* ; and in the Time of *Edward* the Confessor this City was in a very flourishing Condition, which did not last long, for presently after the *Norman* Conquest, *Robert Mowbray*, who rais'd a warm Rebellion against *William Rufus*, plunder'd and burnt it, but it recovered in a short Time, by the Assistance of *John de Villula*, who being Bishop of *Wells*, did, for Five hundred (*d*) Pounds, purchase the City of *Henry* I. whither he translated his See, and built him here a new Cathedral, which lasted till the Reign of *Henry* VII.

I can trace no certain Accounts either of the City of BATH, or the *Bath* Waters, for above 170 Years, till the Time of *Gilbert*, called *Anglicus*, who

being the first *Practical* Writer which our Nation has produced, mentions the sending one of his Patients to these *Baths*.

The Remark you make on the Case of the young Man, describ'd by our Countryman *Gilbert*, who no doubt was carried to *our Baths*, and there cured ; and the well-judg'd Inference you draw from the Nature of his Disease, that the Patient recover'd his Health by *Drinking* these Waters, and not *Bathing* in them, make your Conclusion quite a Proof and Conviction to me, that the *Bath Waters* were *drunk medicinally*, in the Beginning of *Edward I.* that is, 455 Years ago : And farther, I am of Opinion, that since that Date (if not before) the Usage of *Drinking* or *Bathing* has prevailed ; sometimes the one, sometimes the other, according to the Humour of the Times, and the Degree of Skill and Integrity the Practitioners *here* have happen'd to have been endued withal : For I shall shew,

shew, that two Physicians, who write at the small Distance of *nine* Years only, did disagree as much as if they had liv'd at the same Time, and interfer'd with each other's Business. The Men of Learning, and thorough Knowledge in their Profession, I am perswaded, did, ever after *Gilbert*, join and unite the *internal* Use of the *Bath* Waters with the *external*, which no doubt was the *first* that obtained.

The earliest Rules, however, that we have recorded for *Drinking* the *Bathe* Waters, are Dr. *Jones's*, in his *Bathe-Aide*, written (e) 155 Years ago, of which Dr. *Guidott* takes Notice, and transcribes them as an Enforcement and Authority toward the reviving this Custom ; and, as he expresses himself, to give a greater Security and Credit to the *Drinking* these Waters.

(e) 1572.

What became of *Drinking the Waters*, as whether one Practitioner order'd it, and another condemn'd it ; or whether it was altogether discontinu'd (as one might imagine from the Writings of the Physicians who liv'd in the succeeding (f) 97 Years, which are full of *Bathing* only) matters little to my Purpose ; but it would surprize one to find the last Champion for *Bathing*, (g) Dr. *Venner*, who writ but 13 Years before *Guidott*, declaiming in the bitterest manner against *Drinking the Waters*, in these Words, (h) ‘ Moreover these
 ‘ *Waters* operate not by *Urine* or *Stool*,
 ‘ except sometimes by *Stool*, in weak
 ‘ and tender *Bodies*, and then the Hurt
 ‘ is much more than the Commodity,
 ‘ in regard of their Offensiveness to the
 ‘ *Stomach*.’ And, as if once saying

(f) From 1572, to 1669.

(g) 1660.

(h) The Baths of BATH, p. 351.

this had not been sufficient to have drawn upon him the Censure of a most learned Person, Dr. *Maplet*, who trod quick upon his Heels, he, in the next Page, for the wise Reasons alledg'd, again pronounces, ‘ That he utterly
 ‘ condemns the Use of them, whether
 ‘ taken in small or greater Quantities :’ But this Gentleman seems to have been not unlike *John* of *Gaddesden*, (i) ‘ In
 ‘ keeping up outward Appearances, and
 ‘ laying the greatest Stress upon Trifles ;
 ‘ and as *John*, by inserting his own
 ‘ Verses, often leaves us in doubt, whether he be a better Physician or a Poet ;’ so our Author, by another Performance of his, intitled, *A Treatise of the right way of living, for attaining to a long and healthful Life*, has left us at a Loss to guess, whether he were a better Physician or a Cook.

(i) Hist. of Physick, p. 283.

Dr. Maplet, *nine* Years after, contrary to the Assertions of *Venner*, and being not at all terrified by his Positiveness, did advise the Honourable Lady *Noel*, and her Son, to *Drink* the *Water* of the *Hot Bath*, *August* 6, 1669 : and the 16th Day of the same Month, and Year, the Noble Dame *Elizabeth Spencer* did *Drink* the *Water* of the *Queen's-Bath-Pump* : The Effect on the first two, he assures us, was a *loose Body*, and *two Stools* every Day ; and in the latter, the *Water* had a *free Passage* by *Urine*. It is very plain from the Doctor's Silence, as to the Cure of his Patients, and his reciting only the bare *Operation* of the *Waters*, by the two aforesaid Discharges, that he had his Predecessor *Venner's* Positions full in his Eye, with the commendable Design of confuting them, and once more introducing the *Drinking our Waters*.

By the Death of this great Man, the Revival of *Drinking* the *Bath Waters*,

and the Glory annex'd to it, devolv'd on Dr. *Guidott*, as is plain from *Maplet's* Words in a (k) Letter to Dr. *Needham*, which *Guidott*, not only preserv'd, but publish'd, as an eternal Monument of his Ingenuity, and Honour for the Memory of the Man from whom he

(k) ‘ His ita dictis, Medicos quocunque
 ‘ loco a nobis diffitos & remotos, usu pro-
 ‘ inde, & suis de Thermarum natura obser-
 ‘ vationibus minus edoctos, sed incertæ specu-
 ‘ lationis acumine nitentes, obtestarer equi-
 ‘ dem, si liceret, ut Fontes nostros benefi-
 ‘ cium cœlitus concessum, in terræ visceri-
 ‘ bus divino influxu progenitum, igne non-
 ‘ dum intellecto accensum, & caloris in-
 ‘ extinguiibilis pabulo, per tot sæcula inex-
 ‘ hausto nutritum, & ditatum, à quo nostra-
 ‘ tibus, exterisque persæpe sanitas, Anglorum
 ‘ genti præ vicinis aliis decus atque gloria
 ‘ semper affulserunt, nolint in terricula-
 ‘ menta quædam inania vertere, & apinas
 ‘ reputare, ne popularibus suis in salutis
 ‘ negotio obstare, atque invidere, & summo
 ‘ numini, doni tam stupendi benignissimo
 ‘ largitori (quod ab egregiis viris Deus aver-
 ‘ tat) ah nimium ingrati esse videantur.’
 Epistol. ad D. Gasparum Needham.

received



IN MEMORY OF
THOMAS GVIDOTT
M.B. BY WHOSE A
THORITY DRINKING
THE BATH WATERS
WAS REVIVED MD
CLXXIII AND WHO
DIED MDCCV THIS
INSCRIPTION WAS
HERE PLACED MD
CCXXVII BY JOHN
WYNTER M.B.

*Harvey Bathon, delin. et lapid. sectil
incidit Vander Gucht Arc*

received his first Notions and Impressions, that these Waters might be drunk both with Safety, and for the Cure of Diseases.

But not to give greater Merit on this Occasion to my ever honour'd Relation than he has a just Claim to, whoever will dip into Dr. *Guidott's* Discourse of *Bathe*, and Mr. *Henry Chapman's Ther-mæ Redivivæ*, publish'd four Years after, (*viz.* in 1673.) will find them both every where speaking of the *Drinking* the *Hot Waters*, as a Thing, at that Time in its Dawn and Infancy, rather as recommended than establish'd. This was the *Æra* in which the Doctor observ'd the *Bath Water* was *Drunk* by some, and probably like to advance; and *Guidott*, the Person by whose Authority chiefly the Usage of *Drinking* reviv'd, never to *die* more, no longer than 54 Years ago: And this is my *Epoch*.

The

The Doctor we find, was not only under great Difficulties and Perplexities within himself, lest any of his *Water-drinking Patients* should miscarry, and so his intended Revival fail of the wish'd-for Success, as we may learn from his *Preface* ; but he met, no doubt, with great *Malice* and *Detraction* from his *Contemporaries*, and for improving on the then *Practice*, was probably treated as an *Innovator* in *Physick*. This was the immortal *Harvey's* Case ; this has been your own, Sir, as to the Doctrine of *Purging*, in the *second Fever* of the confluent *Small-Pox* ; and must be the Fate of every One, who dares attempt to soar the least above his Brethren, or differ from the present fashionable Methods.

But how apt are the *Injudicious* to run from one *Error* into another ? How fond is *Human Nature* of every Thing that carries but the Face of *Novelty* ? For no sooner had *Drinking* obtained,
but

but *Bathing* lost Ground daily, and in the short Space of forty Years, it seem'd almost forgot, that the only Use of the *Waters* was heretofore *External*, that a thousand *Bath'd* for one that *Drunk* them ; and yet if the Testimony of living Witnesses, and the History of Cures recorded, be not notoriously false, as considerable Ones, in some Distempers, were perform'd *sixty* Years ago, as are at this Day.

Cutaneous Diseases, if Tradition says true, were the first that were cur'd by *Bathing* in the Sulphureous Waters of BATHÉ ; and the Paralytick probably were the next that found Relief by the same Method singly. It was by *Bathing*, and that alone, you know, the Credit and Reputation of these Waters were preserv'd for many hundred Years ; and Dr. *Cheyne* very well remarks, ' That (1) before *Drinking* the *Bath*

(1) Essay on the Gout, p. 57.

‘ *Water* came to be so much used, fix’d
 ‘ or wandering Pains, Stiffness or Con-
 ‘ tractions on the Tendons, Lameness
 ‘ or wasted Limbs, *Palsies* or *Rheuma-*
 ‘ *tisms*, were the chief Distempers People
 ‘ came to BATHING for.’ To account
 for the *Disuse* of *Bathing* in the *Palsie*,
 is to me, I confess, not very easy : To
 ascribe it wholly to an extravagant
 Fondness for the newly reviv’d *Drink-*
ing, would be perhaps an unjust Charge
 of too great Levity ; and therefore we
 must look a little farther, must search
 deeper, especially since this Neglect hap-
 pens, in an Age of *Physick*, wherein
 mechanical Reasoning runs so high, and
 all Appearances are so exquisitely ac-
 counted for by all Men. But I fear we
 shall find, that this very Reasoning *mis-*
apply’d, has been the Cause of this *Error*
 in Practice. For thus runs the Doctrine :
 If *Palsie* (παράλυσις) be a Relaxation of
 the Parts affected, and if warm Fomen-
 tations (as *Bathing* is no more) do
 soften and relax, how is it possible that
Bathing can be proper in a *Palsie* ? A
 specious

specious and plausible Argument : But we must not suffer ourselves to be reason'd out of so many hundred Years *Experience* in an Instant ; we must not be quite so Superficial, but examine this Matter a little more accurately.

I have said that this *Disuse* has arisen from the *Misapplication* of Mechanical Reasoning ; for where-ever that is rightly us'd, and fitly adapted, it serves to illustrate and account for the Truth of the *Experiments* and *Aphorisms* handed down to us by our immortal *Ancestors* ; nor will it, I hope, now disappoint us, nor leave us in the Dark, on this no trifling Subject.

I shall not trouble you with Definitions and Distinctions of *Palsies*, nor enter into any Detail of the Disputes some Authors are full of on this Head : This single Observation will be sufficient for my present Purpose, That all Parts seiz'd by *Palsie*, are not affected in the same Manner ; for some are *contracted*,
F whereby

whereby the Member becomes shorter than it was before ; and others again we find *relax'd*, in which the *Paralytick Member* is lengthen'd beyond its natural Proportion. Now I conceive *Bathing* in the *Hot Waters* of BATH to be proper, nay, absolutely necessary in both these Cases : That they are so in the first, is self-evident ; and as to the second, briefly thus ; such a preternatural Lengthning of a Limb cannot proceed, but from a thickning of the *Mucus*, design'd to lubricate the *Cartilages* of the *Bones*, whereby it takes up too much Space, and occasions some small Degree of *Luxation* as it were. The Loss of *Sense* and *Motion*, which more eminently attends this kind of *Palsie*, plainly shews a very slow Circulation of the *Blood* : and hence follow a too great Viscidity, and retarded Motion of all the *Secretions* from it whatever, whether they are such as by the common Use of our Limbs are to be thrown out of the Body, or such as are separated to be retain'd for the Nourishment of
the

the Parts themselves. Now the necessary Consequence of such retarded *Motion*, and Viscidity of all the *Fluids*, is the Distention of the *Vessels*, beyond their just and natural *Diameters*, whereby the Force of *Contracting* and pushing forward their *Contents* is more or less impair'd, according to the Degree of their being stretch'd : I would fain ask, what can appear more reasonable, under these Circumstances, than such Applications as are very powerful to penetrate, to dissolve, to attenuate, to revive the natural *Heat*, and quicken the Motion of these almost stagnated *Juices* ? But, says some one, whilst you are thus employ'd in thinning the Contents, what becomes of the *Vessels* or *Solids*, which you acknowledge to be already over-stretch'd ? will not your hot *Fomentation* still encrease this *Mischief* ? To which I shall only answer at present, that it is the Property of a *Fibre* to contract, that all the *Tubes* are very *elastick* ; and when the *Fluids* are made to circulate freely and uninterruptedly, these, in young People,

will recover their *Spring* without any Assistance, and in *old*, with proper and seasonable Applications.

But as Things not immediately expos'd to our *Senses* are often best illustrated by their *Opposites*, let us enquire a little what might be the Effect of the contrary *Method*.

If a Surgeon, in treating a *Tumour*, where the *Vessels* are loaded, and of course distended, with an Intention to discuss it, was to begin with *Repellents* before he has endeavour'd to soften the *Fibres*, and render the *Juices* fluxil, (by *Evacuants* and proper *Emollients*) and so fitted to return into the *Circulation*; the Result must be fixing the *Humours* in the Part for ever, and creating *Scirrhus*; or the best he could hope for, would be a Discharge by *Suppuration*, the very thing he intended to avoid. In like manner, the Physician who preposterously begins with curing the overstretch'd *Fibre* of the Paralytick, will,
in

in all Probability, fix the *Juices*, already too thick and sluggish, into a total *Stagnation*.

And this has been more than once verified since cold *Bathing* has prevail'd, as the great Remedy for the *Palsie* ; for it has not been enough to forsake the long experienc'd *Bathing* in these *Baths*, without running into the opposite Practice of *Bathing* in cold *Water*, which has for its Support the same kind of Reasoning with that which has been brought to decry *Bathing* in the *Hot-Bath-Waters*. As for Example, The *Palsie* proceeds from *Relaxation* ; *Cold-Bathing* is very *contracting*, therefore what is so proper in the *Palsie* as *Cold-Bathing* ?

It is true—but not too hasty—In what Part of the Cure is it adviseable ? Surely not when the *Vessel* is stuffed so as to endanger its bursting ; when the *Fluids* are sufficiently *thinn'd* ; when *Warmth* and *Sense* are return'd to the Parts, and only *Resolution* and *Weakness* remain :

main : In this *Stage*, I confess, nothing is more proper than the *Cold Bath* ; and no *Cold Bath* in the *World* half so safe or effectual as *Sea-Bathing*, not only in this, but in all Cases where *Cold-Bathing* may with Judgment be directed.

To sum up the Whole, whether by sweating out part, and rarifying the rest of the impacted *Humours* ; whether by freeing them from their *Burthen*, it gives Liberty to the *Vessels* to exert their *Natural Function*, and so proves *astringent* by accident, (for I am far from supposing it in its own *Nature Styptick*) that *Bathing* in our *Hot Baths* cures the *relaxed Palsie* : Or whether any more *Philosophical Person* has a Mind to produce other and better *Reasons*, I am extremely easy : for with me, the successful *Experience* of so many *hundred Years*, the numerous written *Records*, as well as *living Witnesses*, are abundantly sufficient to engage my *Belief*, to command my *Assent*, and to enforce the *Practice*.

But

But give me leave, Sir, to pursue this Subject farther; Since as *Hot-Bathing* is by no means *new* to us, so let none imagine that other *Nations* have not made use of the same *Methods*: Many have and do enjoy the *Blessing* of *Hot-Sulphur-Waters* as well as this happy *Island*, and meet, upon Trial, with the like *Success*.

Why should I remind you of the *Hot Baths* of *Calliroe* in *Judæa*; the *Paduan*, *Vesuvian*, *Senan* and *Carentine* in *Italy*; those of *Bourbon* in *France*; the famous ones at *Aix-la-Chapelle*, or the *Hot Medicinal Spring* in *Jamaica*, Part of the *Newfound World* (m)?
But

(m) Kircher (in his *Mund. Subterr.*) says, there are in Portugal 8 Hot Springs; Spain 40; France 45; Germany 120; Italy 86; Hungary 9; Illyricum 16; Greece and the Islands 22: And according to Mr. Camden, there are in England 12 Hot Springs; that is, 3 at Bath, and 9 at Buxton. He goes on, with

But did the antient Physicians of other Countries direct *Bathing* in this Sort of *Waters* for the Cure of the *Palſie*? I ſhall not pretend to ſay that *Herod's* complicated *Disease*, which *Joſephus* has deſcrib'd in a Maſterly Manner, and like an able Phyſician, was altogether *Paralytick*; but if we render the Words, (n) *σπασμός τε περὶ πάντων ἦν μέγας*, (with Sir Roger L'Eſtrange) by *Cramps* and *Convulſions* of the *Nerves*; and if we reflect on his Phyſician's firſt ſetting him

with his uſual Sagacity, to remark, that the Buxton Baths (likewiſe) were antiently known, as the Cart-road [Actus] or Roman Cauſeway, called Bath-Gate, which continues 7 Miles from thence, to the little Village Burgh, does plainly teſtify; to which the Biſhop of London adds a farther Confirmation, from the Roman Wall cemented with red Roman Plaſter, cloſe by St. Ann's Well, where are the Ruins of the antient Bath, Camd. Britan. Vol. I. p. 593.

(n) Et *σπασμός ἀπάντων τῶν μελῶν*, Lib. I. cap. xxxiii. de Bello Judaico.

up to the *Shoulders*, (o) in a *Vessel* full of warm *Oil*, as preparatory to his *Bathing* in the *Hot-Waters* of (p) *Calliroe*, we may reasonably infer, that he had not only strong *Convulsions*, but possibly some degree of the *Contracting Palsie*; especially since the Intention of those who had the Care of the *King*, we see plainly, was (q) *Relaxing* by hot *Fomentations*; the Justness of which Practice no one disputes; this, I have already observ'd, proves it self.

But whether or no I have strain'd the Author's Meaning to prove, what I am willing should hence be prov'd, as

(o) εἰς πύλον, Solium vide Cæl. Aurel. p. 531. ubi ait, convenit folio, oleo calido pleno, ægros dare.

(p) He went over the River Jordan himself, to the Hot-Baths at Calliroe, which empty themselves into the Lake of Asphaltitis, (or the Bituminous Lake.) Jos. Jewish Antiq. Book xvii. cap. viii.

(q) Ἐλαίῳ θερμῷ πᾶν ἀναθάλλαι τὸ σῶμα.

most Dealers in *Criticisms* of this kind do ; I cannot quit this Place without a *second* Disquisition upon the Words,
 “ (r) ἄπερ (ὕδατα θερμά) σὺν τῇ ἐς πᾶν
 “ ἀρετῇ καὶ πόσιμα ἐσιν.” Now if we may understand this Passage, as spoken of the *medicinal Drinking* these *Waters* in use at that time, which the Particle σὺν τῇ instead of the Disjunctive παρὰ τὴν seems to encourage, it will be the *first* express Account upon Record of *Hot-Sulphur Waters* being taken *inwardly*.

I proceed to lay before you two Authorities of great *Weight*, and *Character*, who have, in their Descriptions of this *Disease*, taken very particular Notice of the *Contracted* and *Relax'd Palsie*, and yet both have insisted on *Hot-Bathing*, and (s) *Pumping* (we call it here) as

(r) Quæ (aquæ thermæ) una cum cæteris tot dotibus etiam potui commodæ sunt. Antiq. Jud. Lib. xvii. cap. vi.

(s) Κατακλυσμός. Illisio. Ruina. Stillicidium.

the most certain *Remedy*, without any *Limitation*, or *Restriction* whatever : One of my Authors is an ancient *African*, the other a pretty modern *Italian*, both very well known to you.

The *first* says, (t) “ There are two
 “ Species of the *Palsie* often seen, the
 “ one *contracted*, the other *extended* ;”
 and in *five* Pages after, he singles out a
 Paralytick (u) Leg, for an “ Instance,
 “ which, he observes, is either shorter
 “ by *Contraction*, or longer by *Exten-*
 “ *sion*, insomuch, that many take it for
 “ a *Luxation* of the *Joints*.” This
 Writer, in treating of the Cure, where-
 in he has been so *minute*, as to prescribe
 a *Barber's Chair* with *Elbows*, to sup-

(t) Sed plurimis species duæ Paralyseos
 visæ sunt ; alia conductione effecta : alia ex-
 tensione. Cæl. Aurel. de Paralyfi. p. 342.

(u) Crus Paralyfi vitiatum aut conductione
 brevius fit, aut extensione longius, ut plerique
 putent articulorum delocationem hic factam.
 p. 347.

port and exercise the *Arms*, a *Go-Cart*, made like those Children are set in, for the *Legs*, and a *Shoe* with Lead in it for extending ; last of all advises, if the *Disease* proves obstinate, (x) Swimming, by the help of Bladders, in *Mineral Waters*, more especially in the *Hotter*, such as the *Paduan*, *Vesuvian*, &c. He goes farther, and orders (y) Dashing the *Waters*, on the Parts affected, because, says he, the Force of the *Percussion* produces a great Change in the *Body*. You see, *Cælius* depended on *Bathing*, when all other *Methods* had prov'd unsuccessful ; or at least (like some modern Physicians) *when he could do no more*, he sent the *Sick* to *die* at the *Baths*. For how much more reasonable is it to expect the *Cure* of newly-seiz'd

(x) Atque naturalibus aquis dandos, & magis calidioribus, &c. p. 361.

(y) Item aquarum ruinis partes, in passione constitutæ, sunt subjiciendæ, plurimum etenim earum percussiones corporum faciunt mutationem. Ib.

Paralyticks

Paralyticks from *Bathing*, which is too often deferred till they are past *Recovery* ?

This Author, however, is accurate, full, and nervous : He is exact in his Distinctions, and it is worthy our most serious and careful Attention, that he, who has with so great *Accuracy* prescrib'd both *Drinking* and *Bathing* in (z) two cold *aluminous Waters* for the *Distemper* which he terms *Stomachica Passio*, and likewise the double Use of (a) four of the same Kind, and a fifth *Nitrous*, in long Disaffections of the *Bladder*, should in *no Case* direct *Drinking* the *Hot-Sulphur-Waters* before-mention'd, no not even in the *Palsie* ; but relies on their *external Use*, namely, *Bathing* and *Pumping*, singly and solely, both in

(z) The Cotilian and Nepefine, p. 446.

(a) Albulæ, Nepefinæ, Cotiliæ, & Auguriæ, vel quæ nitri habent qualitatem, ut apud Tænariam insulam, quæ potandæ atque lavacro adhibendæ sunt, p. 576.

this,
I

this, as also, which is still more remarkable, in the (b) *Cholick*.

It is easy for you to apprehend, that had we not lost *Aretæus's* Chapter of the Cure of the *Palsie*, we had there seen *Bathing* in naturally *Hot-Sulphur-Baths* recommended in that Disease, as well as in *Leprosy* and *Melancholy* : for it is a most well-grounded Observation the very learned Dr. (c) *Wigan* makes, in one of the Discourses prefix'd to his most accurate *Edition* ; ‘ That *Aretæus*
 ‘ very frequently uses *external Remedies*
 ‘ both in *Acute* and *Chronical Diseases*,
 ‘ and herein (howsoever he differs from
 ‘ them in other Instances) is quite of a
 ‘ Piece with the *Methodists*.’

(d) *Hieronimus Mercurialis*, a judicious *Collector*, has likewise distinguish'd

(b) 533.

(c) *De Curandi Ratione*.

(d) 1566.

the *contracted* and *relaxed Palsie*; and being himself Professor at *Padua*, is quite over-joy'd at the Opportunity of correcting the Text in *Cælius*, and for *Aguas* (e) *Pantherinas*, to read *Patavinas*, * which Waters, he assures us, are very antient, and wonderfully effectual in this *Disease*, both by *Pumping* and *Bathing*. However, he leaves no Remarks, that they were of Service in the *Contracted*, and in the *Relaxed* prov'd prejudicial. He, good Man, was satisfied with antient *Authority*, and immemorial *Experience*; he was no refin'd *Reasoner*, no *OEdipus*, no Solver of *Problems*; he could believe his *Senses*, and when a *Paralytick Patient*, by *Bathing* in the *Paduan Waters*, threw away his *Crutches*, and walk'd unassisted, he was verily persuaded that *Bathing* had done the *Cripple* some Service.

(e) Med. Pract. p. 84.

* Aponus.

But what will our *Theorists* say, who are thus startled at *relaxing Waters*, when they come to hear of more intense and forcibly relaxing solid or dry *Baths* (*Bains Secs*) which are of the greatest *Energy* in *Paralytick Cases*?

Near *Naples*, and at the *Baths* of *Padua*, are several Pits, several little Cells of *Sulphur Earth*, into which the Physicians put their *Palsie Patients*, and by Sweating them plentifully there, discharge and drain the *viscid Humours*, be it from the *Muscles*, be it from the *Nerves*.

Cælius also mentions these natural *Solid Baths*, whether he means any he had seen in *Italy*, or whether (as is not unlikely) there were such in his own Country, I shall not take upon me to determine; but in the Cure of the *Palsie*, he directs what will amount to the same Thing, and must operate after the same Manner; namely, burying the
Patient

Patient in *Sea Sand* (f), set on Fire, as it were, by the Heat of the *Sun*.

And with what Pleasure have I recollected these, and such like Passages, in this *African*, when I have lighted on a *Negro-Doctor* curing his *Palsied Patient*, by covering him over with the hottest *Sea Sand* ?

Do then the learned and *Hippocratical* Physicians, direct not only *Bathing* in *Hot-Sulphur-Waters*, but in obstinate *Palsies*, *Sulphur-Terra's* ? and does the illiterate *Negro*, whose *Physick* is *traditional*, and deliver'd down (g) in par-

(f) Quæ sit sole ignita, ut circumtectâ gremio foveat ægrotantem, p. 356.

(g) This Art seem'd then to be taught, as it was in the Time of Hippocrates, in particular Families ; for this George Bachtishua had a Son bred up to the same Profession ; and soon after there were three or four Generations of the Bachtishua's, all famous for their Skill in Physick. Hist. Physick, p. 11, Part II.

ticular Families, from *Father* to *Son*, apply his hot *Sand* with *Success*?

And do we, in spite of Facts, who are possess'd of as active and powerful *Waters* for the Purpose, as any in the known *World*, delay to make the *proper*, the *first*, the *original* Use of them? Shall we not venture to *bathe* our Patients *once* in 24 Hours, when we find that it was the general Custom to *bathe* (*b*) *twice* a-day, no longer than 30 Years ago, at which Time *Bathing* was in its Decline.

Are the Virtues of our *Baths* evaporated or diminish'd by Length of *Time*? or does Variety of Seasons affect *them*? or have our Magistrates suffer'd any to dig so near, as to let other *Springs* into them? or are the decent Conveniencies for *Pumping* every Part of the *Body* destroy'd? Can we not, when Need

(*b*) At 4 in the Morning, and about 4 in the Afternoon.

requires,

requires, make the *King's-Bath* so intensely Hot, as is scarcely to be borne, by stopping in the main *Spring*? Are there not yet remaining (i) Passages, from many Lodging-Houses, that lead into the *King's* and *Queen's-Baths*, which might serve to prove, if Proof did not abound, the ancient Custom of *Bathing*; the Hinges of whose Doors are now grown rusty, the Steps whereof are mark'd by no *Bathers Feet*, and the Houses fallen more than half in their Value and Request.

What is become of that Forest of *Crutches*, which, in Testimony of Thankfulness for the Benefit receiv'd, was hung up in *Mid-Air*, like (k) *Semira-*

(i) These are call'd Slips, and one, that leads from the Abby-House is distinguish'd by the Name of the QUEEN's Slip.

(k) Et tumidæ insanos imitata Semiramis ausus, quæ medio virides suspendit in aere lucos.

mis's Groves, and afforded a no less beautiful, and pleasing *Prospect*?

Surely Human Nature is not become so base, and ungrateful, as for Men to conceal their *Cures*, or there are fewer perform'd at present, than heretofore, when there was no other Use made of these *Waters*, but that of *Bathing* in them.

If any one should here say, *Palsies* are less frequent in *England* now, than formerly, or at least more gentle, and so they give way to *Drinking* the *Waters* only;

I wou'd have it consider'd, that the Manner of Living among us, is so improv'd in *Luxury*, as to Eating; the *Wines* in request, so spirituous, searching, and inflammatory; and the Generality of good Livers, so indolent, and unactive; that now, if ever, *Apoplexies* and *Palsies* must encrease, both in Number and Violence of the Stroke; not

to mention the great Crop of *Paralyticks* that daily spring up among Tradesmen, from the Necessity of their ordinary Employments, such as *Silverers* of *Glass*, *Colour-grinders*, *Pewterers*, *Chymists*, &c. nor to detain you with the Multitude that fall into this *Disease*, by taking *Mercurial Nostums*, from ignorant and boasting *Quacks*, give me leave, to point out to you the vast additional Import of *Palsied*, from all the *Islands* of the *West-Indies*.

Now the *Palsies* of such Tradesmen never fail of a Cure by *Bathing*, and that not barely a *first*, but a *second*, nay a *third* time of their unavoidable *Calamity*. The ill Effects of *Mercurials* taken *inwardly*, are also reliev'd by the same *Method*, and for the same *Reasons*; nor does the *West-Indian* scarce ever repent of his *Voyage*, if he is suffer'd to *bathe*, notwithstanding his sort of *Palsie* is a *second* Disease; being the Successor of the most painful *Cholick* imaginable; and you very well know,

know, Sir, that even this Succession, *New* as it may appear to many, is taken Notice of by *Paulus*, and from him, I conceive, afterwards by *Avicenna*.

I am almost ashamed of prosecuting a Matter so plain ; but must beg your Patience a little longer ; for all People have not your *Quickness*. I cannot but imagine, if *Bathing* in our *Hot-Baths* were so prejudicial to the *Palsied* as has of late been asserted ; although the Course of it is suppos'd to be manag'd by some skilful Physician, both as to the Choice of the *Bath*, and the Time of Patients remaining in it ; I say, if Relaxing is so greatly to be dreaded, how comes it to pass, that the *Bath-Guides*, whose Livelihood daily requires their *immoderate* Stay in the *Hottest-Bath*, are not for the most part (*) relax'd ? One would be apt to think, that the

(*) Παραλελυμένοι

Palsie must be as necessary an Attendant of this Trade, as of some others before mention'd ; but we find no such Matter : On the contrary, the *Guides* (tho' not over-temperate) are remarkably Spirituous, Healthful, and Long-liv'd, both Men and Women.

I shall not suggest, that young Children are morbidly relax'd ; the Cause of their Weakness and Inability to walk, arises, no doubt, from the loose *Texture* of the *Fibres*, as well those that compose their *Bones*, as their *Muscles* ; from whence it seems natural to infer, that the Use of our Hot-relaxing *Fomentations* must of course abate their growing Strength, and delay their Walking ; but this is so far from being true, that suppose two Children of equal Age and Vigour, the one shall *Bathe*, the other not ; that which is *Bath'd* will be able to walk firmer and better, at a Year old, than the other at fifteen Months. About 20 Years ago, it was the general Custom here, both of *Rich*
and

and *Poor*, to *bathe* their Children for this very Purpose ; as also for the *Rickets*, which Usages, perhaps, may hereafter come into *Fashion* and *Request* again.

Dr. *Guidott*, who (we have seen) was the chief Reviver of *Drinking* the *Bath-Waters*, wou'd by no means have conceal'd any considerable *Cures*, in whatsoever Disease, which might fairly be ascrib'd to *Drinking* only ; but had no doubt (as he ingenuously declares) *related such sort distinctly* ; and yet we find him so just, and sincere, that of 31 *Paralyticks* by him register'd, 25 receiv'd *Cures*, by *Bathing* only ; the other 6 did both *Bathe*, and *Drink* the *Waters* ; and even (1) one of these, he confesses, ' had reap'd great Benefit by ' *Bathing*, which was confirm'd by ' *Drinking* the *Waters* 21 Days.'

Thus, you see, no Self-Conceit, no Vain-Glory, no Affectation of Novelty,

prevail'd, with the Doctor, to *rely up-
on Drinking*, in a Case, wherein *Bath-
ing singly* had been so long found suc-
cessful ; nor did he, in Favour of the
younger Child, *Drinking*, capriciously
discard, and disinherit the elder Brother,
Bathing ; and yet he seems to have had,
if not a greater Right, yet a stronger
Temptation, than any of his Suc-
cessors.

Having, not long since, mention'd
the great Use of *dry Baths* in the *Palsie*,
allow me just to enquire, if we have
not, at BATH also, some solid Ap-
plications, which might prove equally
beneficial, and answer the Intentions of
Sulphur-Earths, were they rightly ap-
plied.

Guidott has not only given the Histo-
ries of three *Leprous Patients*, cur'd by
the Use of the *King's-Bath*, and Ap-
plication of the *Clay* ; but also records
the complicated Case of *Rheumatism*,
I *Palsie*,

Palsie, and *Dropfie*, in a (m) Woman, who recovered by *Drinking* the *Waters*, and the Use of the *Clay*, of the *King's-Bath*. Now, as in the Cases recited, there are different Competitors, for the Glory of the Cures, namely *Bathing* in the *Lepers*, and *Drinking* in the last describ'd ; I leave every one to place the Merit where they are most inclin'd : But, at the same time, let me remind them, that the Application of *Clay* is no *new* Device, being mention'd by *Galen*, as a very frequent, and beneficial Practice, among the *Egyptians*, both in *Dropfies*, and old Pains, and Aches. The *Egyptian Clay*, without Dispute, was very powerful, as consisting, I conceive, of the *Nitrous Slime*, left by the *Nile*, upon its *Ebb* : Surely the *Clay* of our *Baths*, is at least equal to it, since, (n) ' it contains more *Sulphur*, ' than the *Sand* ; since, (o) when Hot,

(m) Joan Binmore of Exeter, 1688.

(n) Guid. Cent. of Observ. 97.

(o) —————Observ. 99.

‘ it has a *Sulphurous Smell*, and is very
 ‘ useful, if apply’d, in those External
 ‘ Distempers, which *Sulphur* doth re-
 ‘ lieve.’

But suppose the *Clay* in our *Baths*
 not active enough, we have a *Bitumi-
 nous Scum* floating on the Surface of the
Waters, (p) ‘ which, dry’d into *Cakes*,
 ‘ burns like *Stone-Pitch*, and being
 ‘ once kindled, goes not out till all be
 ‘ consumed.’

(q) *Pliny*, speaking of the Usefulness
 of the *Mud*, found in *Natural
 Hot-Baths*, says, it will answer best
 if it be dried on by the (r) Heat of
 the *Sun*; which may be no bad Hint
 to us, nor a very absurd Method; in
Paralytick Complaints, more especially.

(p) Guid. Cent of Observ. 100.

(q) Lib. 31. cap. 6.

(r) Ἡλίωσις.

From what has been deliver'd on the Subject of *Palsies*, it will not be very difficult to account for an Appearance, which tho' constant in Fact, yet the Reason of it seems to have been understood by very few.

It is become a *Bath-Proverb*, and nothing is more ready in our *Mouths*, to silence and lull the Complaints of a dissatisfied and despairing *Patient*, than the comfortable Assurance, that, tho' he feels himself worse at present, he will certainly find Benefit when he is gone.

This *Prediction* (how crafty soever it may seem) is not fulfill'd with regard to *Bathing* only, but *Drinking* the *Waters* also : For we often find, that, upon *Drinking* them longer than 14 or 21 Days, the Appetite lessens and decays, which was at the *first* Onset greatly increas'd ; this certainly proceeds from the Heat abstractedly, the Property whereof is to *relax* ; how just then

then is the Doctrine of frequent (f) *Intermission*, which is frequent Absence?

As to *Bathing*, this Prophecy is still more apparently accomplish'd; for how many *relaxed Patients* go hence much weaker, and, to all Appearance, worse than they came, who in a short time after are most happily surpriz'd with a perfect Recovery? That is, the *Fluids* being sufficiently thinn'd, and put into a due Motion, the *Fibres*, upon forbearing our emollient *Fomentation*, and by the Use of ordinary Exercise, recover their *Tone* and *Elasticity*.

What Practical Inferences may be hence drawn, as to the *Conduct* of *Bathing*, the *Sagacious* will soon discern; the *Stupid* never.

(f) *Cyclus Metafyn.* p. 46.

Of the GOUT.

I COME now to a *second Disease*, wherein likewise great Relief was found by *Bathing* in our *Baths*, whilst it continued in *Vogue*; that is the *Gout*. A slight Fit of the *Gout*, happening either in the *Spring* or *Autumn*, is to be look'd upon rather as a *Solution*, or *Crisis* of other *Distempers*, than as a *Disease* itself: What I would be understood to speak of, is a *thorough Gouty-Habit*; where the *Fits* are tedious and severe, the *Intervals* rare, and of short Duration, where some *Joints* are loaded, and some *Tendons* contracted; where the least Accident, or Irregularity occasions a *Relapse*.

To assert that *Bathing* is very effectual in *contracted* Cases, whether *Gouty* or other, is repeating so obvious and confess'd a Truth, as makes it carry an Air of trifling with it: And to caution against *Bathing*, whilst the painful Part

(at

(at least) of the Fit continues, seems as needless, as to forbid giving the *Bark* when the *Fever* is actually upon the *Patient*.

Now, if *Bathing* was heretofore found extremely beneficial in *Gouty Cases*, how comes it to be at present disus'd, not to say, in Disgrace? The Nature and Genius of the *Disease* is, in no sort, alter'd, it has the same *Causes* that produce it, and the same *Symptoms* attending it, as did 1500 Years ago; the *Waters* retain just the same *Vertues*, and would, if applied, effect a *Cure* by the self-same *Operations* as formerly; that is, by promoting universal (*t*) *Sweating*, would discharge great Part of the *Gouty-Matter*, from the general Habit;

(*t*) At Balnei duplex usus est; feréq; adhibetur, ubi summam cutem relaxari, evocariq; corruptum humorem & habitum corporis mutari expedit; Celsus p. 93.

they will, by their *relaxing* Quality, ease the too rigid *Fibres*, and, by their attenuating, dissolve the concreted *Juices* or *Nodes*; in the two last Instances acting altogether as *Topicals* : To confirm the great Benefit of *Sweating* in this *Disease*, we need only call to mind the wonderful *Relief* many *Gouty Persons* find by living in very Hot Countries.

Whence then does this Neglect of *Bathing* in the *Gout* arise? Why, there are *Frights* and *Fears*, new *Terrors* of our own creating, which gave it Birth; and more *Reasoning*, more *Philosophy*, that nurse and support it. In the first Instance we dreaded *Relaxation*; now nothing but the *Weight* and *Pressure* of the *Water*, as *such*, alarm and terrify us, lest thereby it should force the *Gout* from the extreme Parts into the *Head*, or fix it upon some of the *Vitals*, as the *Lungs*, *Stomach* or *Bowels*. Much indeed might be said in Favour of *Sweating* — if the *Pressure* — alas !
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the *Pressure* ! ——— But does not this emollient *Fotus* seem to invite and attract the *Gout* toward the *Extremities*, rather than to repel it from them ? Such a mischievous *Event* was much more to be apprehended from particular Applications to one, or more Parts affected, than from universal *Immersion*, where the *Heat* is impartially distributed, and the *Pressure* equal on the whole Surface of the Body. Strange ! that the Fear of chimerical and imaginary *Evils*, should tie us up from the Use of an experienced and certain *Good* !

I must own, did *Bathing* in our *Hot Baths* act as in its own Nature *Astringent*, I should fear lest by Bracing and Strengthening the extreme Parts, it might make their Resistance so great, as to refuse Admittance to the *Humours*, upon the next Return of the *Fit*, and thereby oblige them to fix on the first Place they meet that is least able to defend itself. But this is not the Method of our *Waters* acting ; they begin the *Cure*

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from the Bottom ; they strike at the Root of Diseases, in the manner by me more than once describ'd.

These *Fears* would be justly employ'd on *Cold Bathing*, more especially on *Bathing the Feet*, the usual Residence of the *Gout* ; which I have seen produce very painful and dangerous Accidents, altho' the Person us'd the least hurtful *Bath* of the kind, *Sea Water*.

But do any of the *Physicians* that have writ concerning *Bathing* forbid it in this Case ? or did any of the present *Practitioners* ever see any ill Effects from it in the *Gout* ? Do not even at this Day many of the ordinary Inhabitants bathe as soon as the Pain has left them ; and the innocent Reason they give for so doing, is, That they cannot afford to stay at Home so long as if they were Rich : Their Limbs are requisite to their Maintenance ; and such is their good Fortune, *Bathing* helps them to the Use of them immediately. There are
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but two *Cures* of *Gouty Patients* registered by *Guidott* ; but they are two of *such* Consequence, as may serve to convince us of its Efficacy. The one was a *Londoner* of Seventy Years of Age, who having used Crutches for many Months, recover'd by *Bathing* only, in the Year 1676, which was, in all Probability, before the *Waters* were drunk in *this Disease* : The other an elderly (u) Gentleman in the Neighbourhood of BATH, no longer than 35 Years since : This Person's *Cure* has some Things very singular it it, which are fresh in the Memory of many now alive ; for, ' having bath'd in the Cross-Bath, and drunk the Waters at the King's, he lost his grey Hairs, and had new Hair and Nails, which was attributed to the Bath.' I have myself advis'd several *Gouty Persons* to bathe in the *King's-Bath* ; each found

(u) George Long of Downhead, Esq; 1692.

Relief beyond their Hopes, and not one of them died *Apoplectick*.

But I had almost forgot, Sir, that this Age was bless'd with so many infallible *Remedies* for the *Gout*, as render *Bathing*, and such like old-fashion'd Practices, quite useless and unnecessary : for where is the Wisdom of multiplying Aids, when one Thing is sufficient to do the Business ? The *Bath-Waters*, impatient of foreign Competitors, turn Rivals to themselves, ' and a Course of *Drinking*, if well order'd, will be ' found to succeed best in *Gouty-Habits*. ' We have *Externals* as powerful as *Ætius's Grand Dryer* ; we have *Perpiration - Promoting - Pultices*, and *Plaisters* : The Coal-heaver's *Purge* shall vie, for Strength and Virtue, with *Alexander's Hermodactyls*. We have *Euphorbium* and *Mustard* to redden the Skin, *Cantharides* to blister it as well as *He* ; nay, we have *Moxa* to burn the Parts affected ; and, what exceed all, we can, in spite of *Trallian's* Caution

Caution and common Sense, rely upon an *Internal Medicine*, or a *Topical Application singly*, just as we find our selves in the Humour, or our Interest inclines us.

Of the P o x.

THE next *Disease* that I shall chuse to speak of, is a *new one*, unknown to Antiquity, the *Lues Venerea* or *Pox*, for which we are obliged to the *Spaniards*, it being by them first imported into *Europe*, somewhat more than 200 Years ago. The History of *this* Distemper, is by you so exactly and fully describ'd, that nothing can be added ; nor can I with Propriety complain of the *Disuse* of *Bathing* in this Case ; but I cannot help being surpriz'd, that it has scarce ever been introduc'd or applied in that Part of the *Cure*, which depends wholly upon *Sweating*.

The single *Objection*, which hitherto prevented *Bathing* in these *Baths* coming
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into Request and Practice, seems to have been this ; that it has been observed, upon Trial, to throw out the *virulent Matter* over the *Surface* of the *Body* ; but this, with Submission, appears to me far from being an ill Effect, since it must necessarily relieve the Blood and inward Parts, from the subtile and corrosive *Poison* ; as *Bubos* relieve Persons that are seiz'd with the *Plague*.

I am far from believing, that *Sweating* alone, altho' with *Guajacum*, which, for some time, rival'd even *Mercury*, tho' the Patient be put into a (w) *Subterraneous Cell*, is, in these Northern Parts of the World, the adequate *Remedy* of this malignant *Disease*. In a very hot Island, where the *Guajacum* grows, is fresh and full of Sap, I have seen such *Cures* perform'd by it, not only in *Venerereal Cases*, but even in a more obstinate *Distemper*, the (x) *Taws* ; as can

(w) Cæca penetratia.

(x) An hereditary Disease of the Negroes.
never

never be effected, by the same Means, in a much colder *Climate*. We all know that in hot Countries the *Symptoms* of the *Pox*, are seldom so terrible as among us and the more Northern Inhabitants. And to the Softness of the *Air* it is owing, perhaps, that *Mercurial Unctions*, without producing *Salivation*, prove *curative* at *Montpellier* ; which Method has seldom or never been found to succeed in *England* : for in this *Latitude*, it is certain, that nothing but a *Salivation*, rais'd by *Unction*, can take place, where the *Evil* is deeply rooted and inveterate.

The Argument produced against *Bathing* in this Disease, from its pushing forth Eruptions and Blotches on the Skin, no doubt, had its Origin from the indiscreet and unreasonable Humour of *Bathing*, which some sprightly People might have ventur'd on, before they had undergone a due and thorough Course of *Mercurials* ; for I am by no means setting up a *new-fangled* Method of
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rooting out this *Distemper* ; all I urge is this, that in the Stage of it, wherein *Sweating* is the *Indication*, *Sweating*, by the Force of *Hot-Sulphur-Waters*, will be found the most effectual, the quickest, the safest and the pleasantest *Practice*.

Sweating is procur'd by two different Methods, says (y) *Celsus* ; either by a *dry Heat*, or by *liquid Bathing*. The first, among the Antients, was perform'd by the Application of *Hot Sand* ; by Steams of *Sulphur Earths* ; by sitting in the *Sun* ; by *Hot Air* in the Apartment of their *Baths*, call'd *Laconicum* and *Hypocaustum* ; to which the Stoves or Hot Houses in our *Bagnios* answer : The latter they effected by *Bathing* in *Hot Oil*, in *common* or *Sea Water* heated, and above all, in *naturally hot Mineral Waters*. Their Intention seems to have

(y) Sudor duobus modis elicitur, aut sicco calore, aut balneo, p, 93.

been particularly at the latter End of a *Disease*, softning the *Fibres*, refreshing the fatigued *Patient*, and nourishing him.

How judicious, how unnatural, not to say cruel, does it appear to (z) roast one in a *dry Heat*, whose *Serum* is already drain'd off thro' the *salivary Glands*? But no Modern can express himself so well on the Subject of *restorative Bathing* in *Hot Mineral Waters*, as your Favourite *Aretæus* has done: The least Advantage he has, is the Purity and Politeness of his *Language*. It is plain, that the *Antients* us'd both the *Hellebores* for the same Intention which we do *Mercury* at this Day; that is, to discharge the *noxious Humours*, (tho' by different *Glands*) or, to speak more in their Stile, to *despume* and fetch off the *morbid Flesh*: which being once

(z) Παρόπλησις.

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effected,

effected, their next Care was gently and methodically to recruit the harass'd Patient. Hear therefore what our incomparable *Cappadocian* says, in his Chapter of the *Cure of Melancholy*; wherein, having finish'd his *Course of Evacuations*, he thus masterly directs; (a)

‘ [Ἀπίτω ὦν ἐς ἀνάληψιν ὁ νοσέων περυχόσι θηρ-
 ‘ μῶισι ὕδασι ἐνδαιτώμεν. Καὶ γὰρ τὰ ἐν τοῖσδε
 ‘ φάρμακα ἰνῆστα, ἄσφαλτα, ἢ θείον, ἢ συπληρίη,
 ‘ πολλὰν πλεῦνες τετέων ἄλλαι δυνάμεις. ἀ-
 ‘ γαθὸν μὲν γὰρ ἐγχεσθὶν ἐξ αὐχμῶ τῆς νέσσε,
 ‘ καὶ ταλαιπωρίῃ τῆς ἡσυχίας.]

Is then *Bathing in Hot Mineral Waters* pronounc'd *Restorative*, after long

(a) ‘ Ad refectiōnem itaque se convertat
 ‘ æger, in naturalibus aquis calidis sæpe com-
 ‘ morans: etenim ea, quæ his insunt, medi-
 ‘ camenta juvant, ut bitumen, ut sulphur,
 ‘ aut alumen, quæque in iis reperiuntur aliæ
 ‘ plurimæ facultates: siquidem humiditas post
 ‘ morbi ariditatem, & medellæ vexationem
 ‘ convenit.’ Edit. Wigan. p. 138. Gr. 154.
 Lat.

Diseases,

Diseases, by this great Authority ? Is it not a natural Conclusion, that we may gradually perspire the Relicks of the *Mercury*, and the Dregs of the *Pox*, by *Bathing* in our *Baths*, without enervating, emaciating, nay, macerating the very Bones of the *Patient* ? which must be the unavoidable Consequence of immuring People between heated Bricks, or stewing them in Boxes : Is Moisture the Remedy of Dryness, and is not the (b) Flesh parch'd and stiff, of *Venereal* as well as of *Melancholy* Persons ?

I have experimentally found, that prolonging *Sweats* after the Use of the *Kings-Bath*, by means of strong Decoctions of *Guajacum*, has succeeded in old pocky *Aches* ; in *Rheumatick Pains* ; *Herpes Miliaris* ; and in most *Disaffections* of the *Skin* ; when all other Methods had been pursued in vain.

(b) Αἱ σάρκες ξηραὶ ἢ πυκναί. *Carnes aridæ ac densæ*, Ibid.

How far, after *Bathing* a due Time, *drinking Hot-Sulphur Waters*, might conduce to establish and confirm the newly-induc'd Habit in *Venereal*, and such-like Cases, is beyond my present Purpose to enquire.

It is a common Notion, and in every one's Mouth, that *Bathing* in our *Baths* is the Touch-stone of Soundness; if so, it is a great Happiness, and may serve to ease the Minds of very many, who distract themselves with terrible Apprehensions that the *Infection* still remains, and will shortly break out again; which sort of *Fears*, you are the *first* that observes to attend this Distemper.

But is not the Experiment dangerous? Quite otherwise, we hear; for the worst (the best thing rather) that happens, is forcing the Virulence outward on the Skin. However, I cannot avoid thinking that this (for the most part) imaginary

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nary Evil might be put to a severer Test, and stricter Scrutiny, by both *Bathing* and *Drinking* ; and that with equal, if not greater Security to the *Patient*.

Of the GREEN-SICKNESS.

THE *fourth Disease*, in the Cure of which *Bathing* is neglected, is *Chlorosis*, or the *Green-Sickness* : The Writers concerning our *Baths*, from Dr. *Jones's* Time, to that of *Venner*, which includes near a Century ; recommend it in this Case. They, it is true, from Tradition and Observation ; we, not only from their Experience, but your Reasoning to support us.

No Man can write justly of this *Distemper* particularly ; (nor indeed of few others, since the publishing your *History of Physick*) without borrowing Hints from, and sometimes even copying your Works : But I shall not use you, as some others have done ; who have translated whole Books of yours, without

without so much as mentioning your *Name* ; and so have pass'd for great Authors : It would be still more unpardonable in me, to pilfer from one who has given so liberally.

Be pleas'd therefore to receive your own Sentiments clad in a meaner Dress,
 (c) ' Since every morbid Suppression of
 ' the *Menses*, arises from the Fault either
 ' of the *Vessels* or the *Blood* ; the Inten-
 ' tion of *Cure* must be two-fold, name-
 ' ly, to open the *Vessels*, and to cor-
 ' rect the *Blood* — When *Obstructions*
 ' are occasion'd by the Fault of the *Ves-*
 ' *sels*, their *Fibres* are harden'd, by a
 ' constitutional *Dryness*, or constring'd
 ' by some sudden *Cold*. To lessen the
 ' Resistance of the *Vessels*, we must
 ' relax the *Fibres* ; to which end *Fumi-*
 ' *gations*, *Stupes*, *Hot-Baths*, with
 ' emollient and penetrating *Herbs*,
 ' conduce.

(c) *Emmenologiæ*, p. 96.

Thus far from you.—But can any Artificial *Baths*, though never so judiciously prepar'd, equal the Force and Energy of our *natural Hot-Baths*; whose Impregnation is so subtile, as baffles the Inquiries of the most Curious, and whose Effects are so piercing, as to startle Belief, and outstrip Philosophy. We can both soften the *Fibre*, attenuate and encrease the *Velocity* of the *Blood*, when requisite, by the intense Heat of the *King's-Bath*, and thereby at one and the same Time carry on *both* Intentions of *Cure*.

There can be no doubt, but *Bathing* singly has often cur'd this Disease: However, it seems an obvious Remark, that the additional Force of *Drinking* might assist us in removing these *Obstructions*, and hasten the Eruption of the *Menses*: Dr. *Guidott* wisely joins *these two*.

But

But the Management of our *Patients* that *bathe* in this *Disease*, ought to be quite different from that insisted on in the last mention'd ; or we shall increase the Mischief, we shall fail of the expected Success, and *Bathing* be disgrac'd, by our own *wrong* Practices.

I decline being circumstantial and explicit on this and the following Heads, as knowing the Good-will of some, who will not fail to misconstrue a Desire to *remedy*, a Design to *expose* the Infirmities of the Sex, whom I would by no means offend ; though I am not equally ' art-ful in laying Baits for the *Ladies*, ' with *John* of *Gaddesden*, and some others of the same Stamp, *Triflers*, *Insects* of a *Summer*.

Upon the whole, if we consider attentively the over-bearing Weight, that Persons advanc'd by Chance or Merit, to an high Station in *Physick*, have carry'd throughout all Ages ; and the
various

various *Sects*, into which the Profession has been divided, according to the Difference of *Doctrines*, the Degree of *Character* the *Professors* have maintain'd, and the Warmth with which they have espous'd their Opinions ; we shall be the less surpriz'd to find Practices chang'd, and Regimens, at *one* Stroke, alter'd from *Hot* to *Cold* ; not only in the Treatment of *Acute*, but of *Chronical Diseases* also : Accordingly we read that (*d*) *Antonius Musa*, Physician to *Augustus*, instantly threw *Bathing* in the famous *Hot Waters*, and *Sulphur-Earths*, amidst the (*e*) *Myrtle-Groves* near *Baiæ*,

(*d*) ——— Nam mihi Baias
 Musa supervacuas Antonius : & tamen illis
 Me facit invisum, gelida cum perluor unda
 Per medium frigus. Sane murtetâ relinqui,
 Dictaq; cessantem nervis elidere morbum
 Sulfura contemni, vicus gemit ; invidus ægris,
 Qui caput & stomachum subponere fortibus au-
 Clusinis, Gabiosq; petunt, & frigida rura. [dent
 Horat. Epist. Lib. i. Ep. xv.

(*e*) In Murtetis Celf. p. 93. & 162.

quite out of Fashion and Repute, and almost ruin'd the Place. For he having cur'd *Augustus* by cold Bathing, contrary to the Opinion of *Æmilius*, the Practice obtain'd such Credit and Vogue, that it was used in all Cases, even to the Exclusion of the other; or at least, whatever the rest of the *Faculty* thought, no one judg'd it discreet or prudent *practically* to oppose *Cold-Baths*, as being introduced and supported by the Authority of the *Emperor's* first *Physician*, and his Brother *Euphorbus*.

By the same Method that sav'd *Augustus*, *Antonius Musa* had the Misfortune to kill young *Marcellus*, as *Jos. Scaliger* observes from *Dion Cassius*, to the great Comfort of the *Baians*, no doubt, tho' he was so much lamented by all the World besides.

I have done with the Subject of the *Disuse* of *Hot-Bathing*, and shall mention only three Instances, with regard to
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the *Misapplication* of *It* ; each of which are Cases of *Women*.

Of the FLUOR-ALBUS.

THE first Complaint that occurs, is the *Fluor-Albus*, in the *Cure* of which, *Bathing* is seldom or never omitted ; I beg leave to hint, that as this Disease, frequently proceeds from two very different *Causes*, so it requires two as different *Methods* of *Cure* ; sometimes it is brought on by the *Thickness* that over-stretches, sometimes by the *Acrimony* of the *Humours*, which stimulates the *Glands* to an immoderate or morbid Discharge : Whenever we have Reason to believe, that one or both of these has given Birth to this Distemper ; surely, nothing can be more adviseable than *Bathing* in our *Baths* ; nothing proves a more certain *Remedy*.

But as often as this sort of *Flux* is owing to the Relaxation, or Weakness of the *Vessels* themselves merely ; which

very frequently happens from divers Accidents, and particularly to those that have borne many Children; in such Cases, I say, *Hot-Bathing* must prove highly prejudicial; must increase the *Flux*, and bring on *Consumption* like a Torrent: Here, if ever, the contrary Practice of *Cold-Bathing* is pointed out, and will stand us in stead.

Of CONCEPTION, to promote.

THE Subject I shall touch on next, is that of *promoting Conception by Bathing*. Of such, who from a preternatural Situation, or Structure of the *Womb*; or from *Diseases* immediately affecting that Part, as *Ulcer, Scirrhus, Cancer, Dropsy, Procidence*, are render'd incapable of bearing Children, I shall not treat.

These Things I have observ'd, that two different Constitutions or Habits, whenever they predominate, whenever they come near to an Extream, certainly

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ly prevent, or at least retard *Conception*. The one is seen in *cold, tender, pale, delicate* sort of Women, who are subject to the *Fluor-Albus*, and frequent *Miscarriages*; whose *Menses* are irregular and commendable neither in Quality nor Quantity. To these, *Bathing* in our *Hot-Baths* is greatly beneficial, and assisting to the Purpose; as daily Experience bears witness.

The other sort of Women, who are *robust and sanguine*; whose *Menses* flow copiously, and keep but short Periods, will not bear such *hot Fomentations*. *Bathing* in *Sulphur-Waters* throws these into *Pleurisies* or *Feavers*, or at best drives out a violent *Rash*, by the help of which they escape with their Lives. This Case I have seen more than once; but let those Ladies, who are so impatient for Children, take this Comfort with them, that Bleeding, a cool Diet, and a few Years more over their Heads, will not disappoint them of their *Hopes*.

Of MISCARRIAGE, to prevent.

WHAT has been here said of *promoting Conception*, may be justly apply'd to *preventing Miscarriage*, in the two different Constitutions, both as to Doctrine and Method of Relief ; that is, to such as miscarry, through habitual *Coldness* and *Imbecility*, *Hot-Bathing* does good ; where *Plethora*, or Fulness is the Cause of *Abortion*, *Bleeding*.

These, I presume, are the chief and great Complaints to which the Sex is sole Heir ; and for the Redress of which so many Women of all Ranks and Distinctions frequent these *Baths* ; who, being *bath'd promiscuously*, it must necessarily happen, that many receive Benefit, and some Hurt.

The CONCLUSION.

THUS, Sir, I have briefly hinted some few *Diseases* of the first Rank ;
for

for to sum up *All* the Complaints, in which *Bathing* has heretofore done Service, would be too tedious a Work, too much encroaching on your Time, and the common Good. There are not many *Chronical Distempers*, I conceive, in which *Bathing* might not be of use, since their chief and frequent Cause, is, no doubt, *Obstruction*; and how powerful *Bathing* is to remove it from the *Heat*, and its inseparable Companion, *Rarefaction*, I have in some sort shewn. I might add, that *Bathing* is a most effectual *Discussive* in (f) your Sense of the Word; that is, ‘*Bathing* opens the
‘ *Pores*, so as that the redundant *Mat-*
‘ *ter* may be, in some measure, dis-
‘ charg’d by *Perspiration*, and atte-
‘ nuates the *Humours*, so that they may
‘ recover their usual Course, thro’ the
‘ *capillary Vessels*.’ But to return; it is much easier to say in what Instances *Bathing* is not adviseable, than in what

(f) Hist. of Physick, Vol. I. p. 59.

it is : The great *Cures* the Poor receive, proclaim its Efficacy ; and the Rich escaping them, shews us something farther.

No one, who in the least deserves the Name of a *Physician*, can imagine that there are no Exceptions to these general Rules ; that no Cases arise in each of the four first-named Diseases, wherein *Bathing* and *Pumping* might not prove prejudicial : For my own Part, I know no universal *Medicine*, no *Catholick Application* ; I must leave that Excellence to *Nostrum-Mongers*, to great *Criticks* in *Drugs*, to such as drive a Trade in *Physick*, and have a new *Specifick* for each Season : But so meanly have I profited by your *Instructions*, and my own *Experience*, that I can no more state every particular Case, than I can cure it : He that distinguishes with the greatest Justness on Cases, when they appear before him, will (in spite of Detraction) be found the ablest *Physician*.

I forbear to pursue a Subject, in its own Nature so *invidious*, as complaining of *Defects* seems to be; how easily is an Attempt to revive an old *Practice*, branded with the Name of *Innovation*? But what I had most at Heart in this Undertaking, was, to *mend*, and not merely to *expose* Failures; as is evident from my complaining to *One*, in whose Power it is to redress these *Grievances*, and restore *Bathing* to its ancient Esteem and Reputation.

I hope this Sketch, these Out-lines, will incite some one of the *Faculty*, who has a better Capacity and Judgment, to second this *Essay*, and finish this important Subject of *Bathing*, for the general Good of Mankind.

Let no Man, out of Spleen or Ignorance, infer from what has been said, that I have not as great a Regard for *Drinking* the *Bath-Waters*, as he; or, that I am insensible of the great Advan-
N
tages

tages of it in most *Chronical Diseases* :
 Nay, I am convinc'd that the *Bath-Waters* are better fitted for *Drinking*, than any other *Hot-Sulphur-Water*, I could ever read or hear of ; for this Reason, That the Degree of their Impregnation with *Sulphur*, is not so great as to render them over Purging ; but they may be so order'd ; nay, to do Justice, are at this Time so drunk, as to be detain'd in the *Blood*, and thereby become *Alterative*. What *Josephus* says in Praise of the *Hot-Waters* at *Cal-liroe*, may with great Propriety be apply'd to these, (g) ' ὑπὸ γλυκύτητι δ' ἐστὶ καὶ πόσιμα. *Adeo sunt dulces, ut etiam potui sunt commodæ.*

Italy, it is true, abounds in *Waters* of this kind ; and the *Italians* were the first that made the most curious Inquiries into the Qualities of *Hot-Mineral-Waters* ; among whom you observe

(g) De Bello Jud. Lib. I. cap. xxxiii.

Michael Savonarola, improving upon what *Job. de Dondis*, and *Ugolinus de Monte Catino* had already writ, distinguish'd himself (b) 277 Years ago. I know not whether any of these Authors has mention'd *Drinking naturally Hot-Sulphur-Waters*, having never seen their Works ; but this I am fully appriz'd of, that their Countryman *Mercurialis*, who was, I am persuaded, at least as good a *Philosopher* and *Physician*, as either of the three ; ‘ *Qui etoit si fort versé dans la Lecture des anciens medecins,*’ as Mr. *le Clerc* witnesses of him, and who liv'd (i) 116 Years after *Savonarola* had publish'd his Treatise, takes no Notice of the *internal Use of Hot-Sulphur-Waters*, in the Cure of the *PALSIE*.

However, the Generality of the *Hot-Waters* in *Italy* are so saturated with *Sulphur*, that they are scarce drinkable;

(b) 1450.

(i) 1566.

and when inwardly taken, are intended only for *Purging*, as my Lord *Molesworth* inform'd me, who came himself to *drink* our *Waters*, from amidst the Circle of the same sort, with which he was encompassed in that Country.

It may be said, that the before-mention'd Nobleman might be prejudic'd in Favour of the *Hot-Mineral-Waters* of his own Country, and that the Love of Home prevail'd with him : But we find that 24 Years ago (1703.) an *Italian* Person of Quality, who had long labour'd under an obstinate Disease, came from *Florence* to this Place, in Search and Expectation of a *Cure*. The Monumental (*) Inscription, put up the following Year, by his Brothers, in our

(*) JACOBO ANTONIO MIGLIORUCCIO ANDREÆ Filio
PATRITO TIFERNATI, NOBILI CIVI FLORENTINO.

Qui cum difficili morbo colluctatus
Quum ad hæc Balnea se curaturus recepisset,
In medio Ætatis, Fortunarumq; Cursu,
Eheu ! immaturus obiit ;
Annum agens xxxviii.

Abby-Church, being not inelegant, I have given underneath.

It is evident, that upon reviving the Usage of *drinking* the *Bath-Waters*, (54 Years since) the chief Intention the *Practitioners* had then in view from it, was *Purging* merely ; as not only the large Quantities from 5 to 10 Pints, by them prescrib'd for that Purpose, testify ; but that according to (1) ancient Custom, they gave the Patients *Salt*, whenever the Quantity had not the wish'd for Effect, of opening the Body, and passing off by *Stool*. The *Aix-la-Chapelle Waters* are drunk at this Day, more as *Purgers*, and *Preparatives* for the *Sparw*, than as *alterative* and *curative* themselves.

But we labour not under this Inconvenience, Providence having allotted this Island but one *Hot-Sulphur-Water*, has been so indulgent, as to fit that one

(1) Plinii Cap. 6. Lib. 31.

to both *inward* and *outward* Use, in a Manner, rather to be admir'd, than describ'd: All therefore that I aim at, all that I wish and endeavour, is the Union of *Bathing* and *Drinking*. To *separate* them is doing an Injustice to the *Waters*, our *Patients*, and *Our-selves*.

Methinks I see the Day, wherein the reciprocal Force of *these two*, each of which I have observ'd, has singly maintain'd the Credit of *these Waters*, shall advance their Character and Fame beyond all Bounds; and this I promise myself, with the greater Assurance, from the thorough Knowledge, and the consequent good Opinion, which both Dr. *Mead* (whose Favours I can never too often acknowledge) and your self, who receiv'd personal Benefit *here*, have conceiv'd of our *Hot-Waters*. There shall come the Time when no Party-Piques, no private Resentments, no Affectation of Novelty, shall be able to withstand the glaring Evidence of mighty *Cures*: There shall come the Day, when, under
your

your Care and Direction, Queens and Princesses shall visit these *Baths*, as many of their Royal Predecessors have done.

But these *Waters*, we all know, want no Man's *Panegyrick*, was he never so eloquent ; much less the low and mean Attempts of such a Pen as mine.—No—their Sound is already gone out into all Lands ; they spring up, each Day, with fresh * Healing in their Wings ; their Works, like yours, speak for them ; and where so much solid and intrinsick Worth abounds, as in both, we may *Praise*, but cannot *Flatter*. I have the Honour to be, with perfect Esteem,

S I R,

*Your most Oblig'd, and Obedient
Humble Servant,*

JOHN WYNTER.

* Hinc sine tormento cura, sine horrore remedia, sanitas impunita, &c. Cassiodor. Lib. 2. variar. Formul. 29. de Apono.

